

Air fried potato peels

Don't let those potato peels go to waste! Air fry them instead. These crisp & salty peels are the perfect snack while you're waiting for dinner to be ready.



5 from 7 votes

Cook Time	Total Time
8 mins	8 mins

Course: Appetizer Cuisine: American, Vegan

Keyword: air fryer, potato peelings Servings: 1 people

Calories: 60kcal Author: [Cadry Nelson](#)

Ingredients

- Peels from 2 pounds of Russet potatoes about 4 medium-sized potatoes
- Spritz oil
- Pinch salt
- Optional toppings: Sauteed minced garlic, seitan bacon, grated non-dairy cheese, non-dairy cream cheese, green onions, and/or ketchup

Instructions

1. Put potato peels into the air fryer basket. Spritz them with oil and sprinkle with a pinch of salt.*
2. Air fry at 400 degrees for 6 to 8 minutes. Stop once about halfway through to shake the basket and give the peels another spritz of oil. Check on them during the last few minutes of cooking to make sure they get brown and crisp, but not burned.
3. Serve right away with any of the optional toppings, if desired.

Notes

The peels shrink when they cook. So be careful not to over salt them.

The air fryer works best when it's not overcrowded. So if you have considerably more peels than called for in this recipe, air fry in batches for best results. However, once the air fryer is hot, the peels will likely cook faster too.

Nutrition

Calories: 60kcal | Carbohydrates: 13g | Protein: 2g | Sodium: 10mg | Potassium: 433mg | Fiber: 2g | Vitamin C: 12mg | Calcium: 31mg | Iron: 3.4mg

Air fried potato peels <https://cadryskitchen.com/air-fried-potato-peels/>